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Healing through shamanism

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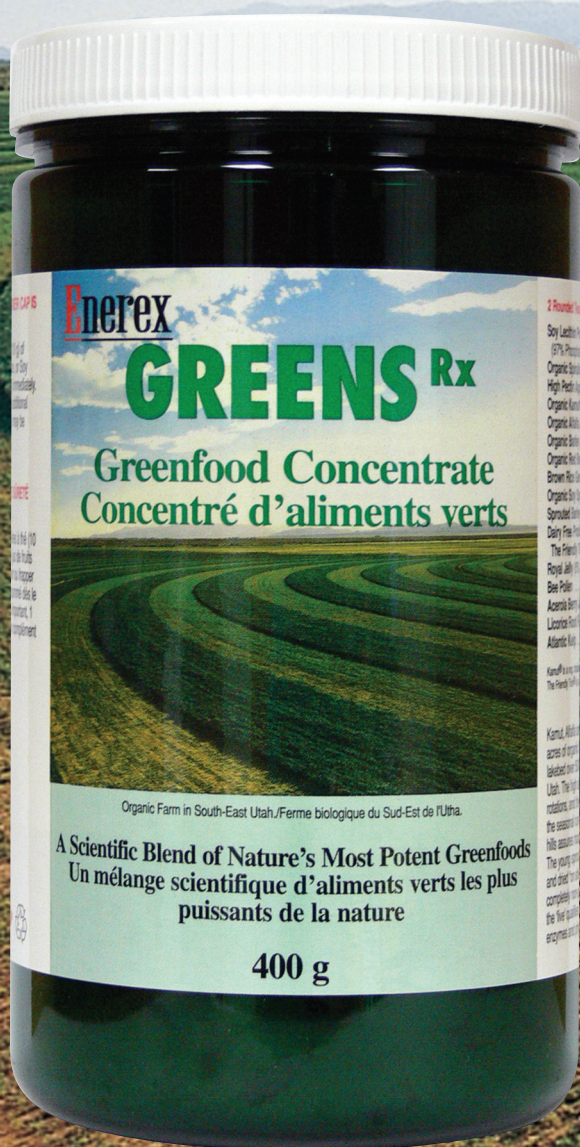
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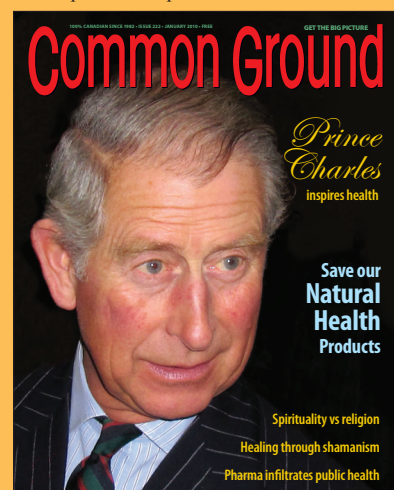
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Your health, your choice, your right

Protect your right to choose natural health products

YOUR RIGHT to make informed personal decisions and choices affecting your and your family's health is being threatened. Please send a message to your Member of Parliament, the Prime Minister and the Minister of Health stating that Health Canada should work with the Canadian Health Food Association (CHFA) to realign its interpretation of the NHP Regulations and the 53 recommendations from the Standing Committee on Health and in keeping with reasonable standards.

Health Canada has regulated Canada's NHP industry for a few years now. In 2004, it implemented new Natural Health Product Regulations. The intent of the NHP Regulations is to ensure Canadians have access to and choice about a wide variety of high-quality, safe and effective Natural Health Products – an objective the Natural Health Products industry heartily endorses.

Since the NHP Regulations were implemented, the industry has worked extremely hard to comply with more than 38,000 product licence applications submitted to the Natural Health Product Directorate (NHPD) of Health Canada. After five years, just over 13,000 applications have been approved for a licence, with almost 50 percent being refused or withdrawn; we are now reaching a breaking point.

Statistics

The federal government's Natural Health Products Directorate (NHPD Canada) is responsible for receiving NHP licence applications from the natural health products industry.

2004 - 2009

- Over 41,000 product licence applications submitted
 - Just over 16,000 applications approved by NHPD
 - About 10,000 applications still waiting for assessment*
- *Licence, applications and approval numbers updated Oct-09
In some cases, applications have waited several years for review.

In five years, just under 40 percent of the NHP licence applications submitted for approval have actually been licenced, which is alarming. And the apparent deadline for enforcement is almost here: April 2010. The system is broken. Health Canada must postpone any enforcement activity until the system is fixed.

It is readily apparent that, without some much needed changes to the current regulatory process, Canada's natural health products industry will no

continued p.7...



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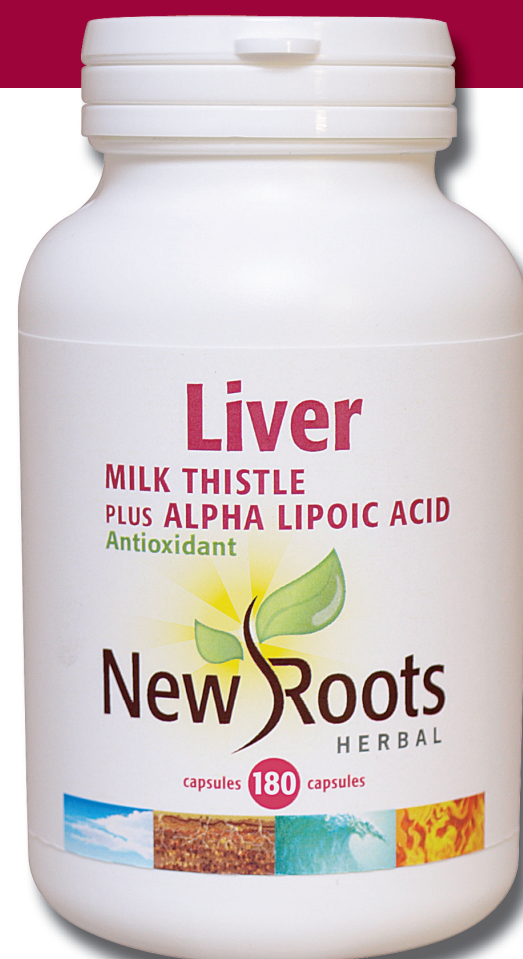
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...continued from p.4

longer be able to provide the variety of innovative products Canadians expect and deserve. Some experts predict that, by the end of Health Canada's new enforcement strategy, over 50 percent of our country's natural health products industry will be eliminated. That means thousands of Canadians will lose their

The apparent deadline for enforcement is almost here: April 2010. The system is broken. Health Canada must postpone any enforcement activity until the system is fixed.

jobs and the government will lose millions in tax revenues. But most of all, it means thousands of Canadians will lose their ability to make their own informed decisions about natural health products. Drastic measures must be implemented to ensure timely access to high-quality, safe and effective NHPs in Canadian markets.

Regulatory process

In 1998, after extensive consultations with consumers and the NHP industry, the House of Commons Standing Committee on Health produced a report, "Natural Health Products: A Shared Vision." The report included 53 recommendations and stated that NHPs were neither food nor drugs and they warranted a separate regulatory framework. Then federal Minister of Health The Honourable Allan Rock approved all 53 recommendations and the development of new Natural Health Product Regulations. Since then, the industry has worked hard

to comply with the NHP Regulations, most notably those that require NHPs to obtain a product "licence" before being sold in Canada and those which require NHPs to be made in accordance with Good Manufacturing Practices. Since 2004, our Natural Health Product industry has submitted more than 41,000 licence applications and received just over 16,000 licence approvals.

Do the math

As you can see, just over one-third of the NHP licences requested by the industry during the past five years have actually been approved. In other words, nearly two-thirds are still waiting or have been refused and may never be approved. If that happens, the entire Natural Health Products industry in Canada would be drastically curtailed. Your favourite health products may no longer be available for sale in Canada.



From www.chfa.ca

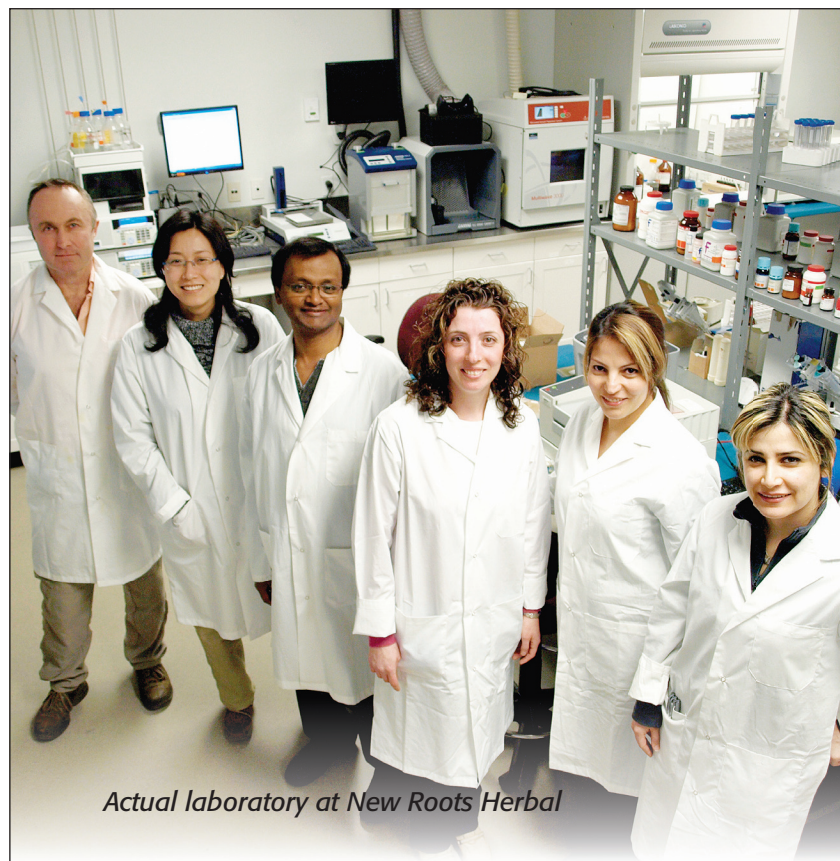
The Canadian Health Food Association is Canada's largest national trade association dedicated to the natural and organic products industry. Its members represent the entire supply chain including growers, manufacturers, retailers, wholesalers, distributors, and importers involved in a variety of industry sub-sectors such as vitamin and mineral supplements, herbal products, homeopathics, sports nutrition products, natural and organic foods, fibres and health and beauty aids. CHFA member products support Canadians seeking optimal health and well-being.

Take action

The CHFA (Canadian Health Food Association) believes NOW is the time to tell our elected federal officials that changes are required to ensure that a wide variety of high-quality, safe, effective and innovative NHPs must remain available to Canadians. They need you, your family, your loved ones and your friends and colleagues to contact Members of Parliament.

Let the government know you want continued access to high quality, safe and effective NHPs in Canada. In October, the CHFA announced its new lobby campaign to save the natural health and organic products industry, with the launch of its new website SaveOurNaturalHealthProducts.ca.

The overall objective of this campaign is to ensure that Canadians seeking optimal health and well-being will continue to have access and choice to innovative high quality natural and organic products. Visit www.saveournaturalhealthproducts.ca to send a message to your political leaders.



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Food network a vital initiative

ON THE GARDEN PATH Carolyn Herriot

ON DECEMBER 4, 80 people representing all kinds of links along our local food chain gathered mid-Island at Vancouver Island University to discuss the possibility of creating a Vancouver Island food systems network. By the end of the day, there was so much enthusiasm for this concept that the VIFSN was launched then and there. To my mind, this is an initiative vital to bringing people together to work for greater food security, an issue uppermost in many people's minds these days. We now have a valuable tool for putting the "culture" back into "agriculture" where it belongs!

Please consider the following facts that came out of our day together. You may perhaps have something to contribute to the VIFSN or the BCFSN as these networks gather momentum in the new year.

Farming on Vancouver Island

- Population: 726,367.
- The largest crop on Vancouver Island today is hay.
- We grow four percent of the food we consume (and export some too).
- We have three days of emergency food supply before supermarket shelves are bare.
- We have lost the infrastructure for local food distribution and processing.
- Island farmers are, on average, 55-years-old.
- New farmers have trouble finding affordable land.
- The price of food in Canada is the lowest in the world.
- There is a chronic farm income crisis, according to the National Farmers Union.
- If food prices rise, it means food poverty for people on income assistance.

Statistics for Vancouver Island show we are:

- 35% sufficient in dairy
- 18% sufficient in chicken
- 68% sufficient in eggs
- 8% sufficient in fruit
- 7% sufficient in veggies

On Vancouver Island, farming viewed as gross sales looks like this:

- Farmers earning \$100,000 or more: 261
- Farmers earning less than \$100,000: 2,594
- 1,834 (64%) of these farms have sales less than \$10,000
- 9% of farmers generate 80% of gross farm receipts
- 91% of farmers generate 20% of gross farm receipts

ORGANICS

According to indigenous coastal elders, in the past, our food and medicine were found all around us. "When the tide is out, the table is set" and "The forests are our pharmacies" were mantras of the day. Today, this traditional knowledge is rapidly disappearing and there is a sense of urgency in preserving it for future generations. Revitalization of traditional practices is being viewed as a survival issue among indigenous people.

Modern food systems have been highly altered by processed foods, high in fat and sugar. The incidence of diabetes and obesity in youth is now of major concern to health authorities, who consider the economic impact on our future healthcare system.

How do we create a Vancouver Island Diet?

- By pooling resources and working together.
- By re-investing in farming.
- By providing education for farmers and ongoing support for them.
- By creating a Food System Network.
- By returning profits to farmers so they can succeed financially.
- By farming with value-added.
- By connecting people from diverse cultures.
- By revitalizing food systems: community gardens, school gardens, etc.
- By investing in youth leadership.

A network shares common attributes, makes diverse connections for maximum innovation, identifies leadership, facilitates connections and collaborations, shares available resources and creates re-engagement between elders and youth.

The Vancouver Island Food Systems Network was launched during the first week of December. It will begin the work of making the changes we urgently need to create a more secure agricultural future. The population of Vancouver Island is set to increase 30 percent by 2050 so we need a plan for how we are going to feed all these people. The time to plan is now.

Eat happily over the holidays.

Carolyn Herriot is author of *A Year on the Garden Path*, a 52-Week Organic Gardening Guide. She grows 'Seeds of Victoria' at her home the Garden Path Centre in Victoria. Her next book *The Zero Mile Diet: Twelve Steps to Sustainable Home-grown Food Production* comes out spring 2010. www.earthfuture.com/gardenpath



Sharing mealtimes

NUTRISPEAK Vesanto Melina MS, RD

ADVICE ABOUT healthy eating may be fine, but often our challenge is a matter of lifestyle and social support rather than a lack of knowledge about vitamins or protein. It's not much fun creating nourishing meals when one sits alone at the table day after day. While ads might feature couples enjoying candlelit dinners together, when our partner is gone and family members live far away, many of us are left with no mealtime companion other than the television. Since numerous people face this identical situation, it's worthwhile doing some exploring. The result: isolation problems can become a distant memory.

Reach out: You have no idea how happy you will make someone if you do the unexpected and invite an acquaintance over to share a meal and perhaps prepare it together. Your guest might even help pick a recipe or join you in shopping for ingredients. You can do this even when you don't know how to cook very well – perhaps your guest has chef skills or you can bumble through the preparation together. If your recipe fails, have a good laugh and go out for dinner!

Join a diner's group or a vegetarian association: More and more communities have a lively vegetarian association and membership spans the spectrum from newborns to ninety-year-olds and those arriving via wheelchair. If you can't find such an association, ask around for people with whom you might start a monthly potluck. Existing groups often began with two or three members. An example is EarthSave, which offers dineouts and potlucks. (www.earthsave.ca/events) Also see www.islandveg.com. For raw food events on Vancouver Island and throughout the mainland, see www.rawbc.org

Explore cohousing or similar group

living solutions: I have the extreme good fortune of living in the wonderful and thriving WindSong Cohousing Community in Langley. Cohousing is a modern form of village that originated in Denmark several decades ago. BC has 12 such communities, either established – including three in the Lower Mainland – or in the formative stage. They offer the joint advantage of home ownership plus connection with a vibrant and diverse community of people. Cohousing appeals to people of different generations and from diverse walks of life. The Canadian Cohousing Network website (www.cohousing.ca) provides information about locations, tours and other details.

An event that will appeal to those interested in cohousing takes place Friday, January 15 at 7 PM at the Abbotsford Recreation Centre, Rooms 2/3, 34690 Old Yale Rd. in Abbotsford. Call 1-604-823-7398 for more information. Architect Charles Durrett, who participated in the design of WindSong, will talk about cohousing and his most recent book, *The Senior Cohousing Handbook*.

A related solution to the challenge of isolation for seniors can be found at Abbeyfield Houses where 10 to 15 residents live like a large “family,” sharing meals and developing friendships. (www.abbeyfield.ca)

Visit your local community centre: You'll be surprised at the innovative food-related programs that have sprung up throughout BC. See sidebar for examples.

Vesanto Melina is a dietitian and co-author of nutrition classics Becoming Vegetarian, Becoming Vegan, Raising Vegetarian Children, the Food Allergy Survival Guide and the Raw Revolution Diet. For personal consultations, call 604-882-6782 or visit www.nutrispeak.com

Cooking up community at your local community centre

Fresh Choice Kitchens can help you find a community kitchen in your area, discover how to start such a project in your neighbourhood or gain food-related skills and resources. For information, visit www.communitykitchens.ca or phone Diane Collis at 604-876-0659, ext. 118.

Trout Lake Cedar Cottage Food Security Network: learn about buying clubs, community gardens, community supported agriculture, drop-in programs that serve food and weekly recipe demonstrations with sampling and nutrition information. Visit www.tlccfoodsecurity.blogspot.com and www.cnh.bc.ca/foodsecurity/. In other areas, call your local health unit and ask to speak to the community nutritionist.

Little Mountain Neighbourhood House offers cooking programs and potluck lunches for seniors. Visit www.lmnh.bc.ca or call 604-879-7104.

The Vancouver Food Providers' Coalition lists numerous resources at www.cln.vcn.bc.ca/comembers

South Vancouver Neighbourhood House offers a cooking club and lunches; see www.southvan.org/seniors.html or phone Carmen at 604-324-6212.

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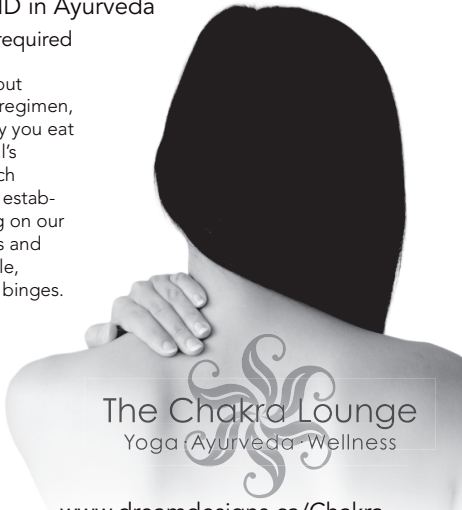


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the
Passionate Prince

Prince Charles shares his lifelong interest in health during visit to Vancouver's InspireHealth integrated cancer care centre

by Dr. Hal Gunn, B.Sc., M.D

WITHIN MOMENTS of meeting His Royal Highness Prince Charles, the original excitement I felt about his visit to InspireHealth gave way to impressions far more profound.

Through the Prince's Foundation for Integrative Health, Prince Charles has been, for many years, a strong voice and advocate for a shift in medicine towards an integrative approach, which supports health and the body's remarkable healing ability. He is a patron of the Bristol Cancer Help Centre, Great Britain's leading integrative cancer care centre. Like Bristol, InspireHealth is founded on the same principles regarding health and healing. Recognized nationally as the leader in this rapidly important field, InspireHealth is a BC-based non-profit and a pioneer in the field of integrative care.

As the Prince settled into conversation with InspireHealth patients and medical staff about the opportunities and challenges of integrating the concepts of health and healing into medicine, it became clear that Prince Charles

had explored these issues deeply and passionately. He spoke directly and intimately with each of the doctors and patients in the room, and his spirit shone clearly in his smile and his eyes and in the authentic way in which he shared from his own heart and passion. His kind heart and sense of humour shone through, as did his deep commitment. The depth and integrity of his work were quickly evident in our conversation as he shared his decades-long exploration of organic farming, sustainable architecture, humanitarian issues and the interrelatedness of all things.

The Prince was candid about talking about his lifelong interest in health and healing. He revealed that if the circumstances of his life had been different he would have liked to have become a healer. He spoke about society's misplaced adoration and subjugation to intellect and our disconnection from intuition. We spoke about modern medicine's profound disconnect from wisdom and the importance of honouring the perennial wisdom of the healing traditions, our

own wisdom as practitioners and, most importantly, our patient's wisdom. We spoke about how the power structures – law, politics, business, modern medicine, media and education – were all interrelated, and the important role that wisdom could play in shifting our view of each of these to a more spirit-based view of the world and the interrelatedness of all things. It was an honour to speak with the Prince at such a heartfelt level, especially as his interest and engagement were so tangibly evident; as our conversation deepened, the Prince inched progressively closer and closer to the edge of his seat, leaning forward with enthusiasm.

Prince Charles sees our current healthcare system as an illness treatment system, not one of healthcare. The more money we spend treating only the symptoms and the end result of disease and not the underlying causes, the sicker we are becoming. Nowhere in modern medicine is this more obvious than in field of cancer treatment where surgery, chemotherapy and radiation treat

the end result of disease, but not the underlying causes of cancer. Despite the hundreds of billions of dollars spent on cancer treatment and research over the last 30 years, the overall cancer mortality rate has not changed. In contrast, by optimally engaging people in their own health, we could make a remarkable difference in the quality of care. Only five percent of North American cancer patients meet the minimal requirements for healthful diet, exercise and smoking cessation, yet each of these factors is strongly correlated with cancer recurrence and mortality. For example, exercise in women diagnosed with breast cancer is associated with a 25 to 50 percent reduction in breast cancer recurrence, as great a benefit as can be achieved by chemotherapy. People with colon cancer who eat a healthy diet may reduce their risk of cancer recurrence by 70 percent, a benefit far greater than can be achieved by chemotherapy.

Prince Charles believes in simple inexpensive, natural ways to support health. He reiterated the challenges

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photo by Chris Loh

Prince Charles with InspireHealth founder Dr. Hal Gunn (third from left) and staff.

within our current medical system and its focus on high-tech solutions. He recognizes the value in obtaining recognition for the large and growing body of evidence supporting simple approaches to health. For example, most Britons and Canadians have sub-optimal levels of vitamin D. This is especially true of Vancouverites, given our rainy climate. In a study recently published in the *Annals of Epidemiology* (2009 July), Garland et al concluded that supplementation with

responsive healthcare systems. With a wink reflective of someone with years of experience challenging orthodoxy, the Prince summed it up, "Safety in numbers, you know!" – a needed reminder of the power of collaboration.

It was clear from our conversation that Prince Charles sees organizations such as the Bristol Centre and InspireHealth as integral to an optimal healthcare system. He also sees it as his responsibility to shine light on the value of integrative

Columbians, InspireHealth patients are very grateful for this service; the only complaint we get from patients is that they wished they had heard about our program sooner.

I was touched by how deeply Prince Charles feels about integrative care and the broader social issues we face. Born into privilege, it would have been easy for him to choose a path supportive of the status quo. But it was clear that he had chosen to follow a different path – albeit a more challenging one. We were left with the impression of the ancient notion of nobility – a Prince trained in the spiritual and human traditions to be a leader.

What an honour and pleasure it was to meet Prince Charles, but not because of his title. My lasting impression of meeting Prince Charles was not the excitement of meeting a famous 'royal,' but of a kind, compassionate, humble and caring human being.

Dr. Hal Gunn is the co-founder and CEO of InspireHealth, Canada's foremost, integrated cancer care centre. Since 1997, InspireHealth's doctors have helped guide more than 5,500 patients to integrate research-informed natural approaches to health into their cancer treatment and recovery. InspireHealth is located at 200-1330 W. 8th Ave., Vancouver. 604-734-7125, info@inspirehealth.ca www.inspirehealth.ca

The Prince spoke about society's misplaced adoration and subjugation to intellect and our disconnection from intuition.

vitamin D (2,000 IU per day) "would prevent approximately 58,000 new cases of breast cancer and 49,000 new cases of colorectal cancer each year and three-fourths of deaths from these diseases in the United States and Canada."

It is simply untenable that we are not doing more to engage people in this simple, safe approach to prevention. In addition to cancer prevention, vitamin D supplementation has the added benefit of substantially reducing our risk of heart disease, diabetes, strokes, MS, depression and even the flu.

We shared with Prince Charles the results of InspireHealth's retrospective studies. They document the substantial survival advantage for InspireHealth patients compared to the standard survival curves for all the most common types of cancer. Intrigued by these research results and our work, Prince Charles offered a collaboration with his foundation – something we are very much looking forward to as we develop collaboration with other groups and organizations around the world interested in creating viable and

approaches. Integrative care provides patients with the knowledge, experience and tools to support their overall health and wellbeing before, during and after cancer treatment. This broader approach to supporting health is increasingly being acknowledged as an essential component of an optimal cancer care system. Growing evidence exists showing that this integrative support of health is as important as conventional cancer treatment in reducing cancer recurrence and improving survival, at a tiny fraction of the cost of conventional treatments.

Like a growing proportion of British



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Pfizer eyes Canada

World's biggest drug maker sets its sights on Canadian healthcare

DRUG BUST *Alan Cassels*

All that is required for evil to prevail is for good men to do nothing.

— Edmund Burke.

ITS PRODUCTS are iconic and its reputation among other drug companies legendary. Many of its sales managers are former military officers, driven, goal-oriented people, who know how to follow orders and “take that hill.” Its executives are the type of people you want on your side because they know how to get things done in the face of

wangle an appointment for one of its top executives to the governing council of Canada's premier health research agency: the Canadian Institutes of Health Research. It has declared that it intends to become a “partner of choice” with governments, universities and research institutions and it has launched numerous funding programs that will further colonize Canada's cancer research establishment. It has had a surprising level of political influence over BC's Liberal government; it has also estab-

It is clear that while 2009 was full of bad press for Pfizer, this last settlement was the fourth time in the last seven years it has been found guilty of breaking US laws and paying massive fines. These monetary penalties – the biggest ever – were particularly harsh, said the judge, emphasizing that Pfizer doesn't seem to be able to learn from its past fines and penalties.

carnage and adversity.

Yet Pfizer, the world's biggest drug producer – an award-winning drug marketing genius with the biggest stable of blockbuster drugs on the planet – is currently on a very aggressive campaign to do more than sell drugs. It's staking out new territory and investing in innovative ways to influence the people who make decisions about healthcare. Despite paying record-breaking fines last year for its criminal behaviour, Pfizer has proven that it is a company willing to boldly go where no other pharmaceutical company has gone before.

In Canada, it is clear to even casual observers that Pfizer is very publicly inserting itself into virtually every healthcare, medical research, patient advocacy and physician education organization in the country. It's not like this form of bold public penetration hasn't happened in the past (after all, we're talking about the maker of Viagra) but this current level of activity seems emblematic of Pfizer's immense size, power and influence in Canada.

In the past year, Pfizer managed to

lished a new “partnership” with the Canadian Medical Association, which represents Canada's 70,000 doctors who were recently on the receiving end of \$780,000 new Pfizer dollars to help educate our physicians.

Some would call Pfizer's strategies nothing more than smart business activity, evidence that the genius behind such drug blockbuster drugs as Lipitor, Viagra and Norvasc is doing exactly what companies need to do: increase shareholder value. Pfizer executives have consistently demonstrated that if you want to sell drugs, you need to be influencing audiences at every level of the market – especially physicians, researchers, policymakers, politicians, the public and media.

Pfizer's competitors are, no doubt, in awe of this company's activities over the past year, wondering if they too could be as bold and astute. Others might say Pfizer ingratiating itself into public institutions is like letting the money lenders into the temple and that we need a respectful distance between those who make money-selling treatments and those

HEALTH

who provide our healthcare. But those in the drug industry think differently.

The Prix Galien is said to be “the most prestigious award in the field of Canadian pharmaceutical research and innovation.” In 2009, judges named Pfizer’s new drug Champix, a smoking cessation product, as the most innovative of Canada’s drug research pipeline. (My first thought: if this is the “best” Canada’s drug industry can come up with, it is in even more trouble than I thought, but more on that later). Prix Galien Canada states that it wishes to “create bridges between the scientific community, industry and institutions.” Its spokesperson, Dr. Jacques Gagné, said, “We are proud to take part in this celebration of successes, victories and excellence.”

Hmm: “Success, victories and excellence?”

Do those words really capture what we are rewarding in drug companies? Are we really seeing the promotion of a ‘scientific culture’ in which all citizens benefit? Private markets might be the most efficient way to invent and market new health products, but to have it run properly, we should think of the drug industry as a car – which only works with a functioning gas pedal AND a brake system. Without proper and acceptable government regulation oversight, it could well careen out of control.

It is clear that while 2009 was full of bad press for Pfizer, this last settlement was the fourth time in the last seven years it has been found guilty of breaking US laws and paying massive fines. These monetary penalties – the biggest ever – were particularly harsh, said the judge, emphasizing that Pfizer doesn’t seem to be able to learn from its past fines and penalties. He said in his

judgment that Pfizer is starting to look a lot like a habitual offender and the financial penalties fully considered Pfizer’s “recidivist” history.

Pfizer is not the only drug company that has been caught systematically instructing its sales people to push prescription drugs to doctors and patients far beyond their approved uses or charged with illegal promotion, bribery, faking data, price fixing and fraud. What happens is this: companies get caught. They get charged. They go free and do the same thing again. In the world of high stakes drug manufacturing, a mega fine is the cost of doing business.

We need governments willing to say: enough is enough. Enough infiltrating our research organizations with your money. Enough paying for our doctors’ education. Enough duping patients. And employees of companies who witness the wrongdoing need to say “enough” before they quit in disgust. Me? My wish for the new year is for my phone to ring with a Pfizer whistleblower telling me he’s ready to hand over a box of company documents.

At the beginning of a new year, I think that we need to nurture the growing backlash, not against drug companies, but against those who run our public institutions who feel compelled to sell themselves out to the drug industry. In response to the Pfizer appointment to the CIHR, more than 4,000 people signed a petition protesting the appointment, including prominent researchers, ethicists and public policy experts. Throngs of angry voters must join them, willing to kick the moneylenders out of the temple.

After the CIHR Pfizer appointment, many people wrote letters to the Minister of Health asking, “What were you thinking?” Stephen Lewis, a prominent health policy analyst in Saskatoon, saw this appointment as *continued p.34...*

Criminal charges no deterrent

- 2001: The Canadian competition bureau charged Pfizer with price fixing under the Competition Act, based on its involvement in an international conspiracy between 1992 and 1994 to fix the price on a chemical food preservative. Pfizer pled guilty to price fixing and paid a fine of \$1.5 million.
- 2004: Pfizer was charged in the US with persuading doctors to prescribe an epilepsy drug (Neurontin) for uses that hadn’t been approved by the FDA. It pled guilty to two felony counts of marketing a drug for unapproved uses and agreed to pay \$430 million (US) in criminal fines and civil penalties. (If you think this is a lot, Pfizer made \$2.9 billion off Neurontin in 2003 alone.)
- 2004-2008: Pfizer paid numerous fines and penalties totalling almost \$1.5 million in relation to non-compliance with environmental health and safety laws. (The details are courtesy of Pfizer’s own website, www.pfizer.com)
- April 2009: During a meningitis outbreak in Nigeria in 1996, Pfizer allegedly conducted tests of an experimental drug, which was restricted in the US and banned in Europe, resulting in the deaths of numerous children. The Nigerian government sued Pfizer for \$2 billion; in July of 2009, it settled for \$27 million.
- September 2009: Pfizer was charged with illegally marketing several drugs, including Bextra, Zovox, Geodon and Lyrica, over several years. It pled guilty to criminal charges of marketing drugs for unapproved uses and was ordered to pay a criminal fine of \$1.9 billion as well as \$1 billion to settle civil cases.

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Native artist makes it **real**

by Jadeon Rathgeber

INSPIRATION

galleries, sharing the teachings and the stories. I had just met my daughter for the first time at seven-months-old and I wanted to be a real father and raise her well. I wanted to be able to sit with my Grandma and have her feel good about me.

The officer discussed the situation with another lady at Correction Services Canada and they decided I'm having delusional thoughts and creating goals way too big for reality and determined that I needed a psychiatric assessment. To my utter horror, they added time to my mandatory incarceration. An elder told me later that the CSC criterion designates that if you are First Nations you are a higher risk to re-offend. You are treated differently. More programming is placed upon us. At least, I can be so deeply grateful to the elders and brothers that worked so hard to ensure that my time was immersed in spirituality and in building pride and esteem. I was very fortunate to be able to continue carving in prison. The elders and some lifers were very good and helpful to me. I went to over 50 strong sweats while I was in there, getting deeper into my heart and my truth and learning countless important teachings.

During this lengthened time, however, I was almost killed in prison several times. One time, I thought the guy broke my back with a steel pipe wood clamp. I almost lost my life half a dozen times during this sentence and I realized, just as with the lifestyle that got me there, it could happen just like that.

But I've also come to realize that, for First Nations people, it is most often like that every day anyway. Part of what got me into the criminal lifestyle was that in the remote reality of most indigenous people's lives, there is not much left, not much else. This is something that upsets me so much with how Canada portrays how great things are, the wonderful partnership, and even so many people who think they are helping, but do it from this place of looking down their nose and not coming to grips with how this all got so messed up.

The fish are gone, the Caribou, the trap line – now the ice is melting and the polar bears are dying and eating their young. Bees are disappearing. Well, so are we, but it hasn't quite reached us in the food chain yet. But it has on the reserve.

Where my sisters were raised on the Moose Lake reservation in Northern Manitoba, babies are now born addicted, drinking by age five, sniffing gas or glue to stem the hunger pains by eight or nine and now crack is everywhere before you are even a teen. So then enter the predators, abusers and pushers. Many of my sister's friends are dead or addicted or abused and have as many as five kids by the time they're 19-years-old. My sister Sheena is working on a documentary about it seen through her 19 year-old eyes.

And so, what has come of my dreams that needed a psychiatric assessment?

I finally got out on parole and got straight to my new life and my vision. It has been crazy. I have met so many people. I walked, hitchhiked and bussed carrying all this art and stuff. I wore out shoes while dripping sweat in the summer heat, meeting, talking about my mom and the art. And, of course, carving.

Everything is coming along. Some museums are interested in sponsoring a tour. My *continued p.22...*

AT AGE 16, I started dealing drugs and running with gangs. My very first night I made \$1,800 profit and thought, "I'm making more than a doctor *and* a lawyer." So much money went through my hands over these years, all squandered and wasted. My mom continuously told me that nothing would come of these ways, and she was right. After being stabbed five times, shot and spending nearly five years in the prison system – with the rest of my adult life on parole – December 11, 2009 marked an end to my life of being under the thumb of the Canadian justice system. Seventeen years!

My name is Jadeon Rathgeber. I was born and raised in a small northern Manitoba town and I am of mixed Cree and German descent. I am now the father of a beau-

tiful little girl named Desiree.

Four years ago, I went to my first Native American Church meeting. I reunited with a carver who knew my mother, Pat Bruderer, Half Moon Woman, who is one of the last practitioners of the ancient First Nations art of Birch Bark Biting. His name is *Whey-hey-ukt-chuk*. He is hereditary and he asked me to start carving with him, saying it was in my blood. Since then, carving, culture and my family have been my passion. It saved my life.

I also began realizing how much trouble our cultures and the environment are in, and how a high percentage of people don't realize how bad it really is.

So I began a great new mission in life. I wanted to be an advocate for the original people of North America and the world. I wanted to help the youth – by my own story – to make different choices. I wanted to help my family and to heal and repair the damage I had caused. Everybody had written me off. Even now, I know that my Grandma, sisters and other relatives view me with mistrust. It is a long road out.

The reality and consequence of my choices, however, were still playing out.

At the intake assessment for this last sentence I just finished, I was honest and informed the officer that I had reconnected to my indigenous roots and expressed the positive changes happening to me. I was so inspired and was having beautiful and grand visions of what I could do. I was going to be a great carver. I was going to help my family and put my mom's artwork on the map, helping her out of poverty. I was going to help youth, create art camps, set up a foundation and tour the Birch Bark Bitings in museums and in the really good

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Agriculture's brightest minds share best farming practices to protect the environment

WE ALL HAVE a shared goal of protecting the common environment. This includes the biodiversity of landscapes, climate, habitats, air and water. To this goal, in late January, hundreds of eco-minded individuals will flock to Guelph to tap the knowledge of agriculture's best minds.

The 29th Annual Guelph Organic Conference has lined up dozens of speakers over four consecutive days. Topics of discussion cross the spectrum of our food system – farming as a career, the new Canadian Organic Standards, urban agriculture, genetic engineering and food policy. Introductory and advanced levels of eco-agriculture – soils, crops, weed and insect control, live-stock management and direct marketing round out the programming.

Anne Freeman, Manager of the Dufferin Grove Organic Farmers' Market and representative for the Greenbelt Farmers' Market Network, will facilitate "The Farmers' Market Forum: Challenges, Opportunities & Connections For Producers & Communities."

When asked why she believes this to be a timely and

important offering at the 2010 conference, Freeman replied, "Farmers' markets play a key role in connecting urban and rural communities and contributing momentum to support sustainable food choices. Through the forum, we aim to discuss key features needed to make the markets engage a broader public and really work for producers."

The speakers include successful farmers and educators on the cutting edge of progress in harmony with nature. Together, they represent hundreds of years of experiencing the very challenges you might be facing. Whether you farm 80 acres or grow a small garden in your backyard, you'll find the Organic Conference to be a great value for your money and well worth your time.

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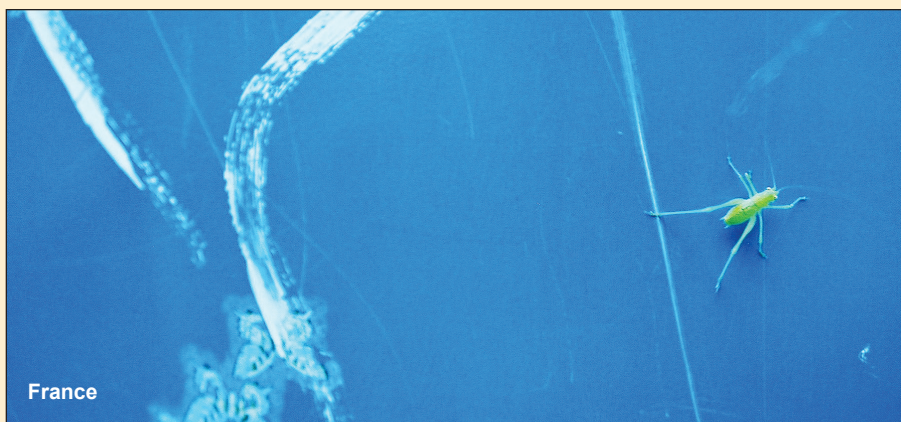
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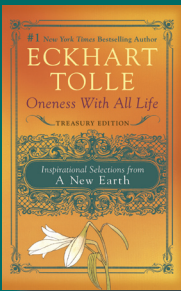
THIRTY SOMETHING *Ishi Dinim*

I've been struggling the last few months to find words to put to my feelings. Sometimes looking back to my photographs helps to inspire.



Ishi graduated from Emily Carr Institute of Art and Design in 2001, with a BFA major in photography. He makes films, collects cacti and ponders many things. Currently, he is doing what he can for himself and the planet. contactishi@yahoo.ca Waiting to hear echoes back...

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The new consciousness

A NEW EARTH Eckhart Tolle

SPIRITUALITY

MOST ANCIENT religions and spiritual traditions share the common insight – that our “normal” state of mind is marred by a fundamental defect. However, out of this insight into the nature of the human condition – we may call it the bad news – arises a second insight: the good news of the possibility of a radical transformation of human consciousness. In Hindu teachings (and sometimes in Buddhism also), this transformation is called *enlightenment*. In the teachings of Jesus, it is *salvation*, and in Buddhism, it is *the end of suffering*. *Liberation* and *awakening* are other terms used to describe this transformation.

The greatest achievement of humanity is not its works of art, science or technology, but the recognition of its own dysfunction, its own madness. In the distant past, this recognition already came to a few individuals. A man called Gautama Siddhartha, who lived 2,600 years ago in India, was perhaps the first who saw it with absolute clarity. Later, the title Buddha was conferred upon him. *Buddha* means “the awakened one.” At about the same time, another of humanity’s early awakened teachers emerged in China. His name was Lao Tzu. He left a record of his teaching in the form of one of the most profound spiritual books ever written, the *Tao Te Ching*.

To recognize one’s own insanity is, of course, the arising of sanity, the beginning of healing and transcendence. A new dimension of consciousness had begun to emerge on the planet, a first tentative flowering. Those rare individuals then spoke to their contemporaries. They spoke of sin, of suffering, of delusion. They said, “Look how you live. See what you are doing, the suffering you create.” They then pointed to the possibility of awakening from the collective nightmare of “normal” human existence. They showed the way.

The world was not yet ready for them and yet they were a vital and necessary part of human awakening. Inevitably, they were mostly misunderstood by their contemporaries, as well as by subsequent generations. Their teachings, although both simple and powerful, became distorted and misinterpreted, in some cases even as they were recorded in writing by their disciples. Over the centuries, many things were added that had nothing to do with the original teachings, but were reflections of a fundamental misunderstanding. Some of the teachers were ridiculed, reviled or killed; others came to be worshipped

as gods. Teachings that pointed the way beyond the dysfunction of the human mind, the way out of the collective insanity, were distorted and became themselves part of the insanity.

And so religions, to a large extent, became divisive rather than unifying forces. Instead of bringing about an ending of violence and hatred through a realization of the fundamental oneness of all life, they brought more violence and hatred, more divisions between people as well as between different religions and even within the same religion. They became ideologies, belief systems people could identify with and so use them to enhance their false sense of self. Through them, they could make themselves “right” and others “wrong” and thus define their identity through their enemies, the “others,” the “nonbelievers” or “wrong believers,” who not infrequently saw themselves justified in killing. Man made “God” in his own image. The eternal, the infinite and unnameable was reduced to a mental idol that you had to believe in and worship as “my god” or “our god.”

And yet...and yet...in spite of all the insane deeds perpetrated in the name of religion, the Truth to which they point still shines at their core. It still shines, however dimly, through layers upon layers of distortion and misinterpretation. It is unlikely, however, that you will be able to perceive it there unless you have at least already had glimpses of that Truth within yourself. Throughout history, there have always been rare individuals who experienced a shift in consciousness and so realized within themselves that toward which all religions point. To describe that nonconceptual Truth, they then used the conceptual framework of their own religions.

Through some of those men and women, “schools” or movements developed within all major religions that represented not only a rediscovery, but in some cases an intensification of the light of the original teaching. This is how Gnosticism and mysticism came into existence in early and medieval Christianity, Sufism in the Islamic religion, Hasidism and Kabbala in Judaism, Advaita Vedanta in Hinduism, Zen and Dzogchen in Buddhism. Most of these schools were iconoclastic. They did away with layers upon layers of deadening conceptualization and mental belief structures and for this reason most of them were viewed with suspicion and

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often hostility by the established, religious hierarchies. Unlike mainstream religion, their teachings emphasized realization and inner transformation. It is through those esoteric schools or movements that the major religions regained the transformative power of the original teachings, although in most cases, only a small minority of people had access to them. Their numbers were never large enough to have any significant impact on the deep, collective unconsciousness of the majority. Over time, some of those schools themselves became too rigidly formalized or conceptualized to remain effective.

Spirituality and religion

What is the role of the established religions in the arising of the new consciousness? Many people are already aware of the difference between spirituality and religion. They realize that having a belief system – a set of thoughts that you regard as the absolute truth – does not make you spiritual no matter what the nature of those beliefs is. In fact, the more you make your thoughts (beliefs) into your identity, the more cut off you are from the spiritual dimension within yourself. Many “religious” people are stuck at that level. They equate truth

within certain churches and religions, there are signs of change. It is heart-warming and one is grateful for even the slightest signs of openness, such as Pope John Paul II visiting a mosque as well as a synagogue.

Partly as a result of the spiritual teachings that have arisen outside the established religions, but also due to an influx of the ancient Eastern wisdom teachings, a growing number of followers of traditional religions are able to let go of identification with form, dogma and rigid belief systems and discover the original depth that is hidden within their own spiritual tradition at the same time as they discover the depth within themselves. They realize that how “spiritual” you are has nothing to do with what you believe, but everything to do with your state of consciousness. This, in turn, determines how you act in the world and interact with others.

Those unable to look beyond form become even more deeply entrenched in their beliefs, that is to say, in their mind. We are witnessing not only an unprecedented influx of consciousness at this time, but also an entrenchment and intensification of the ego. Some religious institutions will be open to the new consciousness; others will harden

The new spirituality, the transformation of consciousness, is arising to a large extent outside of the structures of the existing institutionalized religions.

with thought, and as they are completely identified with thought (their mind), they claim to be in sole possession of the truth in an unconscious attempt to protect their identity. They don’t realize the limitations of thought. Unless you believe (think) exactly as they do, you are wrong in their eyes, and in the not too distant past, they would have felt justified in killing you for that. And some still do, even now.

The new spirituality, the transformation of consciousness, is arising to a large extent outside of the structures of the existing institutionalized religions. There were always pockets of spirituality even in mind-dominated religions, although the institutionalized hierarchies felt threatened by them and often tried to suppress them. A large-scale opening of spirituality outside of the religious structures is an entirely new development. In the past, this would have been inconceivable, especially in the West, the most mind-dominated of all cultures, where the Christian church had a virtual franchise on spirituality. You couldn’t just stand up and give a spiritual talk or publish a spiritual book unless you were sanctioned by the church and if you were not, they would quickly silence you. But now, even

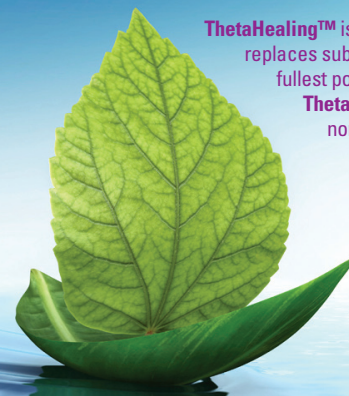
their doctrinal positions and become part of all those other man-made structures through which the collective ego will defend itself and “fight back.” Some churches, sects, cults or religious movements are basically collective egoic entities, as rigidly identified with their mental positions as the followers of any political ideology that is closed to any alternative interpretation of reality.

But the ego is destined to dissolve and all its ossified structures, whether they be religious or other institutions, corporations, or governments, will disintegrate from within, no matter how deeply entrenched they appear to be. The most rigid structures, the most impervious to change, will collapse first. This has already happened in the case of Soviet Communism. How deeply entrenched, how solid and monolithic it appeared, and yet within a few years, it disintegrated from within. No one foresaw this. All were taken by surprise. There are many more such surprises in store for us.

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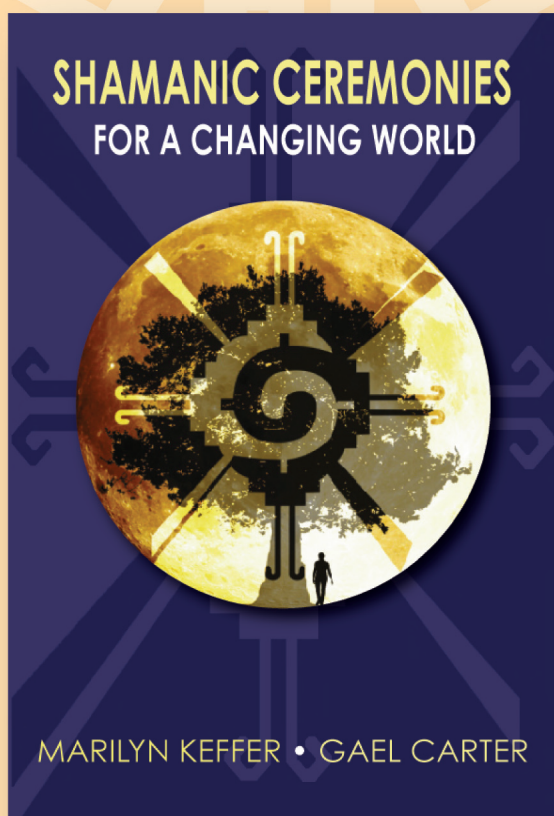
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Healing through shamanism

by Sonya Weir

IN *THE WAY of the Explorer*, former Apollo 14 astronaut Dr. Edgar Mitchell writes about his epiphany in space when he realized the nature of universal connectedness: "The presence of divinity became almost palpable and I knew that life in the universe was not just an accident based on random processes... The knowledge came to me directly."

Mitchell's epiphany was so profound that, upon his return to Earth, he was compelled to leave the world of strictly fact-based science behind. While most of us will probably never travel to the Moon in our lifetime, we all have the capacity to develop the awareness that everything in the universe is interconnected and that life is not merely a series of arbitrary occurrences. We can all experience and create magic in our lives and we can do it with our feet firmly planted on the ground.

When we have the intent to explore the interconnection of all of life and embark on a journey to discover our own inner space and the world of alternate realities, expanded consciousness is the inevitable result. That heightened awareness, combined with a desire to help others to become more balanced and powerful in their lives, aptly describes the field of shamanic coaching – a field that is predicated on the belief that people have the capacity to

actually have you locked up so it was in people's best interests to "appear" well adjusted and happy. That was the ethos of the suburbs in the '50s, but thankfully times have changed.

Most people are familiar with the term "wounded healer," coined by the late Henri Nouwen. This spiritual writer used the term to describe how important it was for people working in a healing capacity to heal their own issues first. While this aspect of self-accountability was conspicuously absent in the experts who held sway with the adults in my past, it is one of the primary reasons that shamanic coaching is such a powerful agent of change: it is predicated on people being willing to accept responsibility for the circumstances of their lives and to then transform those circumstances, and that is empowering.

A shamanic coach commits to the exploration of their own inner darkness – the place of their unhealed projections and patterns. The place of unhealed pain. The place where they may still be casting blame on someone else for their life circumstances. The places where they are still a victim. In exploring our inner darkness, we discover that it is rich with information about how we can change and grow. It is a fascinating journey and the more we can transcend our own limiting patterns, the greater capacity we have to

I saw the foundation of my life resting upon a framework that precluded any separation between mind, body and spirit.

change the circumstances of their lives and heal themselves.

I think back to when I was growing up in a Toronto suburb in the 1950s. For anyone with emotional problems, their only option was to see a psychiatrist who would inevitably prescribe a drug. If you were a Catholic woman with marital difficulties, you called your priest, who inevitably told you to stand by your man, no matter what the problem. And that extended to physical abuse. As a young girl, I saw this scenario played out over and over again in the adults in my world – this yielding to authority, to the so-called experts. And because support groups were still a long way off in the future, for the most part people kept their problems under wraps. It was very much a case of "Don't air your dirty laundry in public." There was also the fear that someone in authority could

help empower others to make the leaps in their lives that will bring them more happiness. One essentially becomes the "wounded healer."

Throughout the years I have studied shamanism, I have had many incredible experiences that I can only describe as magical. Over time, these experiences built upon each other and I saw the foundation of my life resting upon a framework that precluded any separation between mind, body and spirit. For me, that is the essence of shamanic coaching.

Sonya Weir is the coordinator of the Institute of Shamanic Medicine, which is now accepting applications for the Shamanic Coaching Certification Program in Vancouver, beginning fall 2010. Email info@shamanicmedicine.ca or call 1-877-329-8668. www.shamanicmedicine.ca



Anxiety – ego's shadow

UNIVERSE WITHIN Gwen Randall-Young

IN MY PRACTICE, I treat many people for anxiety. Probably everyone has experienced anxiety at one time or another. Anxiety is normal in certain situations: when someone close to us experiences sudden, serious illness or if we have momentarily lost sight of our young child or if there is a terrorist threat.

However, many people experience anxiety over the ordinary events of life. I became curious about how we could understand anxiety from the perspective of ego and soul. It seems clear to me that anxiety is an ego reaction and it is based on fear. While in scientific terms, the opposite of an anxious state

SPIRITUALITY

unfold and the circumstances therein form the curriculum of study for this lifetime. Things *will not* always go according to our plan. That would be too easy. Rather, life will surprise, disappoint, confound, dismay and puzzle us. Just when you think you have it all figured out, it changes.

We learn that we can either play it safe, sticking with the familiar, or we can take risks, try new things and stretch ourselves. The choice is not always ours. Unplanned occurrences can reshape us in ways we never dreamed possible. Sometimes the worst

.....
As for anxiety, the minute we surrender, release our attachments and trust in the flow of life, it disappears, for it was never real; it was only ego's shadow.
.....

would be a relaxed state, in ego and soul terms, the opposite of anxiety is trust. I say this because when we experience anxiety, it is generally because we do not feel in control of a situation. We fear things will not turn out the way we hope and that we will experience loss, failure or embarrassment.

Ego, as we well know, has a mind of its own. It experiences the world in terms of good/bad, right/wrong win/lose and other polar opposites. It is as though for ego life is full of coin tosses and ego wants to win the flip every time. Statistically, this is impossible so ego must get to work in a variety of ways to get the outcome it desires. If the outcome is not guaranteed, ego begins to fret.

Not only does it worry about the outcome, but ego also conjures up all manner of consequences that would follow from an undesirable result. Hence, this kind of thinking ensues: "If he doesn't ask me out, I'll probably be alone for the rest of my life and I'll undoubtedly struggle financially and end up a bag-lady," or "If my child disobeys me when he is five, what will he be like at 15? He'll probably have a bad attitude and get in with the wrong crowd. Then he'll get into drugs and end up on the street." This ego catastrophizing is a perfect formula for generating anxiety.

If we come from the perspective of soul, our world looks and feels different. Soul recognizes that our lives

thing that could happen to us turns out to be the best thing that ever happened.

It is easy to see why this is a difficult, challenging and frustrating game for ego to play. There really are no rules one can count on. Ego only frustrates, worries and agitates itself trying to beat the system.

Soul, on the other hand, trusts the big picture. Soul accepts that life will be an interesting adventure and that we will win some and lose some. That does not matter so much as long as we are growing, learning, gaining wisdom and perhaps even enlightenment.

Soul patiently waits to see how long ego will struggle before figuring it out. Soul knows that ego only needs to surrender, in order to cease the struggle. When ego does surrender, life becomes calmer, smoother and more relaxed. Life is still what it was; life was never the problem. The difference is that ego has given up resisting the irresistible.

As for anxiety, the minute we surrender, release our attachments and trust in the flow of life, it disappears, for it was never real; it was only ego's shadow.

Gwen Randall-Young is a psycho-therapist in private practice and author of Growing Into Soul: The Next Step in Human Evolution. For more articles, permission to reprint and information about her books and "Deep Powerful Change" personal growth/hypnosis CDs, visit www.gwen.ca



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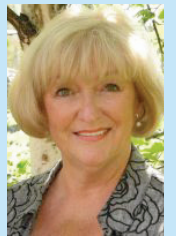


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EARTHFUTURE Guy Dauncey

ENVIRONMENT

*Some say we're like a cancer, devouring the Earth;
some say we're like a rose-bud, awaiting glorious birth;
some say we're all so stupid, we don't deserve to live;
some say we're holding heaven's hopes, and all we need is love.*

AS I WRITE this column, the Copenhagen climate talks are a week from completion. When you read this, they will be yesterday's news.

Whatever the outcome, the larger story will remain that we are a species eating itself out of house and home with very little concern for the pollution, destruction and pain we are creating. And if this were not troubling enough, there are lots of babies in the pipeline, each as adorable as the next, waiting to grow our population by another two billion within 40 years.

Our whole human journey has led to this moment. From our amazing evolution in the depths of time to our first tentative steps on the plains of Africa, to the glo-

age the oceans; start harvesting our wastes as a useful resource; switch to organic, mostly vegetarian food; establish responsible, ecological governance over Earth's forests and ecosystems; and practise widespread birth-control.

In summary, it's just a matter of going green, realigning our activities so that we jive with Nature and dance along with her steps, instead of behaving like klutzy oafs, stepping on everyone's toes and generally destroying the harmony of Earth's dances. The good news is that in every one of the new dances, we've already made a good start. Now, we need to learn to dance with love.

At the family level, I'm brewing a new approach that would encourage every family to hold an annual "Going Green Family Meeting," ideally in late December or early January. Working from two detailed lists – one to reduce your carbon footprint and the other your wider ecological footprint – you would create a "Going Green Family Action Plan" for

We do not need to die to evolve... We can use our intelligence to adapt, change direction and step away from the death-inhabited edge.

ries and craziness of a thousand civilizations, all that is past and all that remains is us, now, confronting our destiny.

There is a solid evolutionary argument to be made that every species acts this way – extending its range, pushing the limits of survivability until it receives feedback that persuades it to step back. Birds do it; bees do it; even white Siberian tigers do it.

The feedback was never comfortable or easy, however. It happened by way of mass starvation and death. The species that survived were those forced, by the sheer volume of their dying numbers, to evolve better claws, fins or brains. Those that did not become as extinct as the dodo.

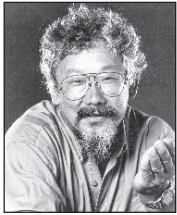
As humans, however, we possess an enormous advantage: we do not need to die to evolve, except in as much as old people die, taking their old ideas and prejudices with them. We can use our intelligence to adapt, change direction and step away from the death-inhabited edge.

Seen in perspective, the task is quite straightforward. We have to switch to renewable energy sources; establish planetary control over the way we man-

the year ahead. Each item ("Stop buying bottled water," "Turn down the thermostat on your hot water tank") would offer a choice of "this week," "this month," "this year," or "a future year." To get started, you'll find good tips on the website for my new book, www.bit.ly/67DPzT. There are plenty of carbon calculators to track progress on the first list and I'm sure someone could create an equivalent ecological footprint calculator, measuring the impact of each tiny lifestyle change as we steer away from the death-inhabited cliff-edge.

After families, it's not too difficult to imagine the same being done by every business, school and community group. Along the way, we'll have to deal with those who think we're entitled to take what we want from the Earth and dump our wastes wherever we like. Every generation has to find its way to create a better world.

Guy Dauncey is author of The Climate Challenge: 101 Solutions to Global Warming and president of the BC Sustainable Energy Association.



Canada must face crisis

SCIENCE MATTERS David Suzuki with Faisal Moola

PEOPLE WHO deny the reality of human-caused global warming are wetting their pants over the illegal theft and release of emails from scientists at the East Anglia Climate Research Unit. In their desperation, the deniers claim the emails point to a global conspiracy by the world's scientists and government leaders to... well, it's hard to say what they believe the conspiracy is about. A letter to a Vancouver newspaper some time ago indicates the way many of them think. The writer claimed that people working to address global warming are "ideological zealots pursuing a quasi-religious

It's astounding that those who deny that climate change exists or that it is human-caused, either out of self-interest or ignorance, are willing to see some grand conspiracy in a handful of stolen emails, but are unwilling to see the undeniably clear evidence of the impacts of climate change already occurring around the world.

As University of Victoria climate scientist Andrew Weaver notes, in abandoning the idea of reaching a binding agreement in Copenhagen, world leaders are essentially saying that they don't believe they owe anything to our children and grandchildren.

It's incredibly shortsighted to think that a healthy economy can be maintained when the health of the planet is failing.

socialist agenda to command and control western economies."

It would be funny if it didn't echo the thinking of so many people – even some in influential positions in government and industry – and if the situation weren't so critical.

Sadly, the emails don't show that global warming is a grand hoax or conspiracy. They do nothing to diminish the decades of overwhelming scientific evidence that the Earth is not only warming largely because of emissions from burning fossil fuels, but that it's worse than we thought. Recently, 26 scientists from Germany, France, Switzerland, Austria, Canada, the US and Australia released a report showing that the impacts of global warming are occurring faster and are more widespread than other reports from the United Nations Intergovernmental Panel on Climate Change had projected.

The report, titled "The Copenhagen Diagnosis," summarized the most recent research from around the world, which shows that Arctic sea ice is melting faster than we thought, that both Greenland and Antarctica are losing more ice than predicted and that sea levels are rising more quickly than anticipated. The scientists conclude that the Earth could reach several "tipping points" if we keep pumping emissions into the atmosphere at the same rate.

The report also quashes the myth of "global cooling" that has been "promoted by lobby groups and picked up in some media." The report's authors conclude that "even the highly 'cherry-picked' 11-year period starting with the warm 1998 and ending with the cold 2008 still shows a warming trend of 0.11 °C per decade."

Unfortunately, Canada has a poor record on climate change and international negotiations to address the problem. Our government argues that the economy takes precedence over the environment. It's incredibly shortsighted to think that a healthy economy can be maintained when the health of the planet is failing. And it's absurd to pin our economic hopes on extracting limited supplies of dirty fossil fuels in a world that is increasingly switching to cleaner forms of energy.

Our Prime Minister wasn't even planning to attend the Copenhagen summit until US President Barack Obama announced he was going. Canadian citizens can take some credit for the Prime Minister's about-face. He is said to have reconsidered in part because of a recent Angus Reid poll that indicated most Canadians wanted him to attend.

Beyond the poll, hundreds of thousands of Canadians have told the government that we must work toward an agreement that is fair, ambitious and binding. And 3,000 scientists recently sent an open letter urging the government "to negotiate an outcome that will rapidly and adequately address climate change."

One of the strongest messages came from a coalition of representatives from the developing world – Commonwealth secretary-general Kamallesh Sharma, former UK international development secretary Clare Short, climate scientist Saleemul Huq and British environment and development groups. They argue that Canada should be suspended from the Commonwealth for ignoring the impact of climate change on the world's poorest countries.

Learn more at www.davidsuzuki.org

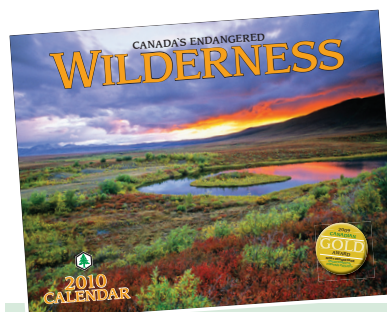
Prime Minister Harper fails Canadians at UN Climate Summit Canadians need to keep up pressure for climate solutions

- The UN climate summit ended with a disappointing accord that is far from enough to prevent dangerous climate change according to the David Suzuki Foundation. Canada's prime minister and federal government were singled out throughout the process for a spoiler role in the negotiations.
- The weak federal government performance was out of step with the unprecedented mobilization of Canadians calling for a fair, ambitious and binding agreement to safeguard our climate. The final Copenhagen accord fails to measure up to any of the benchmarks of a fair, ambitious and binding agreement.
- "The Prime Minister failed Canadians in Copenhagen," said Dale Marshall, climate change policy analyst with David Suzuki Foundation. "Canada needs to get back to the table to work for a fair, ambitious and binding deal. Canadians are demanding strong climate leadership and that pressure is not going to go away."
- "From provincial leaders to faith groups, from doctors to youth groups, from business to Olympic athletes – Canadians gave our Prime Minister a green light to sign a fair, ambitious and binding agreement on climate change. But our prime minister let us down," said Ian Bruce, climate change specialist with the David Suzuki Foundation.
- "The science and economics are clear. Global action on climate change is vital for the health of our economy, our communities and our future. We have solutions to address climate change. And citizens in Canada and around the world are calling for action. What we need to turn this around is political will," says Mr. Marshall. "Our future is at stake. We are going to keep pushing for fair, ambitious, binding solutions," says Mr. Bruce.

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Real - from p.14

mom's art is now at the Bill Reid Gallery (639 Hornby Street, Vancouver).

My mom and my relatives and I are having an art show in January, which we are calling *Make it Real*. It is part of INDN Arts 'N Action at the Interurban Art Gallery in the Vancouver Downtown Eastside at 1 East Hastings Street, which is the transition point from wealth and power to one of the poorest neighbourhoods in North America. It's great for the art show because the true reality is right outside the door and there are people from all over the globe trying to survive on that street.

My mom will be showcasing her ancient and threatened artwork and doing demonstrations. My carvings will be there, as well as some collaborative pieces with other artists and ones my mom and I have done together with the Birch Bark Biting put into carving designs. Also, my mom and aunties' high-end, indigenous inspired fashions designs will be there, and lots more from my family.

In the evenings, we will have several presentations and conversations on many issues focusing on the difference between the fake and the real covering art, literature and history, governments and culture and survival. It is happening right before the Olympics and even this is an example of misrepresentation for indigenous peoples. I found out that everyone putting on a show there has to sign a contract saying they will not say anything negative about the government, the committee or the corporate sponsors so the aboriginals putting on a show there are being used to make it look like Canada and First Nations people are doing really great with each other, and it just is not true.

Also, my family lineage happens to be part of the stories of Farley Mowat. It was my family that took him in, guided him and then had our stories told and twisted to create Farley's fame. It caused a lot of hurt and damage to us and many people and it has never been resolved. In the north, he is often called Hardly Knows-it. We will be discussing how the portrayal of indigenous people is so often distorted in literature and history. The real people of the deer will be there and we can all talk about it together. Maybe Farley Mowat will come and it can be a really good and healing opportunity.

An elder told me you can't go to university to learn your life experiences and you didn't survive being stabbed five times and shot for nothing; your purpose in life is now to help other people with the wisdom you have from living through that.

Come and see if I am delusional. Meet my family and see our art. Join in the discussions; many traditional and hereditary people will be there from here and from where my family comes from. Let us see if things can really change. If we can change ourselves, we can change everything. We can Make it Real! Who knows, my grandmother might even be there.

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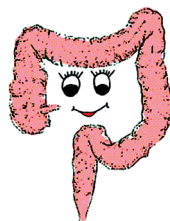
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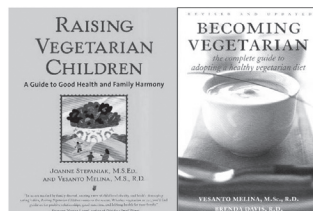


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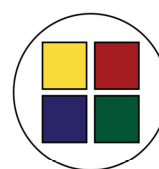
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— Aesop

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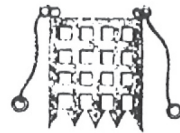


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— Albert Camus



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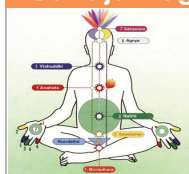
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– Anna Quindlen



Will 2010 be the year of the open media movement?

INDEPENDENT MEDIA Steve Anderson

SOME OF US have made New Year's resolutions to exercise more, eat healthier and spend more time with friends and family, etc. While these are important personal goals, it may be the right time to also have a loftier collective resolution: to radically open up our media system in 2010.

I've written before about how the combination of big corporate media's self-mutilation and the increasing proliferation of the open Internet has created an historic opportunity to transform both Canada's media system, and even our concept of citizenship, government and institutions in general. What I have been somewhat remiss in discussing is the third and most important factor leading to transformative change in media – what I'm calling the open media movement.

Open media emerges

The burgeoning open media movement is really a constellation of interconnected yet distinct communities, which are advancing open communication and defending our communication rights and values. These communities include those that have come together around open source software, open data, open Internet, open web, open content, open education, open government and many more. What brings all these thriving communities together is, of course,

the value of openness."

At first glance, open media is simply about the issues listed above with values such as accessibility, choice, collaboration, diversity, openness and transparency. While these values intersect to create an essential nucleus for media innovation, they are only starting points. For example, access and choice, in addition to putting value in real choice for online content

it, campus, community and public media. The best way to support cultural creators, media workers, citizen producers and consumers is by developing an underpinning of diversity that we can tap into.

2010: The coming out party

It looks promising that 2010 will be the year when the open media movement coalesces. This year, the Mozilla Founda-

places like Toronto and Calgary. Now that some social infrastructure exists and experiments such as VanTrash are underway, open data could prove explosive in 2010.

And let's not forget about the open Internet movement. In 2009, town hall events occurred in four cities; more than 12,000 comments were sent to the CRTC and there was Liberal and NDP support in parliament, along with a competitive broadband campaign that saw nearly 100,000 letters sent to parliament. This year, we can expect the open Internet community to broaden its focus and push for a broadband plan for Canada.

Those who understand the importance of having open media should step up their efforts this year. Right now, we have a window of opportunity to re-imagine media in Canada, but that window can and will close if we don't quickly put the pillars of an open media system in place. Together, we can ensure that, at the end of 2010, media will be more open than at the start of the year.

Steve Anderson is the national coordinator for the Campaign for Democratic Media. He has written for The Tyee, Toronto Star, Epoch Times and Adbusters. steve@democraticmedia.ca www.FacebookSteve.com www.SteveOnTwitter.com

.....
Right now, we have a window of opportunity to re-imagine media in Canada... Together, we can ensure that, at the end of 2010, media will be more open than at the start of the year.

and Internet service providers, also touch on the need for media literacy, knowledge and media production programs. Closing the digital divide is about more than just providing access to the Internet. Having access to the Internet without the time and knowledge needed to fully utilize it is a half measure at best.

Likewise, diversity and innovation are not simply abstract concepts. A media system that supports diversity and ground-up innovation includes enabling mechanisms for different ownership models, including independent, non-prof-

tion will launch an initiative specifically focused on supporting and advancing the open web. Considering that more than 300 million people – one in every four web users – use Mozilla's Firefox browser, it's exciting to hear that it plans to take a more active role in advancing the open web.

The open data community is also poised to reach new heights this year. Last year saw open data-focused Change Camp events in several cities across the country. Vancouver enacted an "Open Motion" and local governments are now pursuing similar policies in other

What lies beneath

FILMS WORTH WATCHING

Robert Alstead

AUSTRIAN AUTEUR Michael Haneke's brand of filmmaking has been aptly described as "Hitchcock without the melodrama." He also avoids neat conclusions, preferring ambiguity and the provocation of uncertainty so that his films clatter endlessly around your brain afterward. You may remember the eerie *Hidden* (*Caché*) where he depicted the increasingly taut relationship between a Parisian couple secretly being videoed at home by someone unknown, who then sends them copies of the tapes.

Haneke's latest, *The White Ribbon* (*Das weiße Band: Eine deutsche Kindergeschichte*), out in Vancouver on January 15, is again deep in tense mystery, this time in a small village in North Germany just before the start of World War One.

On the surface, the staunchly religious village seems peaceful and orderly, but a series of ugly and inexplicable crimes shake the community: a doctor falls off his horse, apparently tripped by a rigged wire. The son of the local baron is found beaten. A barn is burned down. With no indication as to who is behind these disturbing incidents, a cloud of suspicion begins to permeate the village.

The film is narrated by a mild-man-

nered village schoolteacher who, as an old man, remembers the events as the war approached. His narration provides a welcome warmth of tone, capturing the day-to-day tempo of rural life as well as his young romance with a nanny at the baron's estate. But Haneke's major thematic pre-occupation here is with subtly rooting out unsettling aspects of human nature. As the film delves deeper into the nature of the community, there is the suggestion that this is how seeds of fascism are sown.

The White Ribbon won the Palme D'Or, top prize at Cannes, this past summer and has since picked up many more awards and nominations. It's an impressive looking film, with its fastidious attention to period detail and its crisp black and white cinematography; it was actually shot in colour and then converted to black and white in post-production to create its super-sharp look. The film is in German with English subtitles.

Director Jon Amiel's *Creation*, opening in Vancouver on January 22, is another film with an untypical take on a major historical landmark – the publication of Charles Darwin's *The Origin of Species* in 1859. Darwin is played by British actor Paul Bettany (the botan-



An impressive black and white film with fastidious attention to period detail, *The White Ribbon* won the Palme D'Or, top prize at Cannes.

ically-minded ship's doctor in *Master and Commander: The Far Side of the World*), who, racked with grief and guilt after losing his nine-year-old daughter to illness, is struggling to complete his seminal work. He is also intimately aware of the consequences of unleashing a theory that will "kill God." The clash of evolutionist and creationist worldviews are framed within Darwin's relationship with his God-fearing and increasingly estranged wife, played by Jennifer Connelly (Bettany's real-life wife).

Perhaps unsurprisingly, considering the subject, *Creation* has received mixed reviews thus far: praise for the performances and the tone of the drama; criticism for the lack of hard philosophical and scientific ideas and for suggesting that the

death of his daughter had held him back.

The Sundance Film Festival kicks off on January 21. Among this year's shorts line-up are three National Film Board of Canada animations: *Runaway*, *Vive la Rose* and *Rains*. So far, only trailers are on the NFB site (nfb.ca), but the archive has two entertaining earlier works by one of the filmmakers, Cordell Barker. *The Cat Came Back* (1988, 7 min.) and *Strange Invaders* (2001, 8 min.) were both Oscar-nominated and may have you laughing in recognition at what it's like when a cat or baby turns your life upside-down.

Robert Alstead made the Vancouver documentary *You Never Bike Alone*. www.youneverbikealone.com. He writes at www.2020Vancouver.com

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JAN 9

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7-10pm. Connect with your Nature Spirit guardians
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Society, 1254 W. 7th. By donation. Earthsong
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JAN 12

Cause and Removal of Disease Charles Holmes:
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Blueprint. Ultimate Products Centre, 6-9pm,
1345 Johnston Rd (152nd), White Rock
www.UltimateProductsForLife.com (604) 541-6111.

JAN 14

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Know- Thursday, Jan. 14, Hollywood Theatre, 3123
W. Broadway, Doors 7pm, \$15/Advance, 20/Door.

JAN 15

Introduction to Foot Reflexology commences
Certificate Weekend Training Course. Introduction
7:30 pm \$10, Course \$350. Pacific Institute of
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Shantala an evening of Kirtan: 7 PM, \$20.
Canadian Memorial Centre for Peace, 1825 W. 16th.
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JAN 26

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JAN 30

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FEB 1

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Tickets through Banyen Books, 604-732-7912, 3608
W. 4th Ave, Vancouver.



Photo by Ishi Dinim

FEB 3

"Setting the Goal" presented by Duane O'Kane
and Catherine O'Kane: 7:30 PM, Unity of Vancouver,
5840 Oak St. (near 41st & Oak). Call 604-513-9001
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FEB 5

"Dance Around the World" - 8PM, Surrey
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Classified

WEDNESDAYS

Hawaiian Medicine Circle 7pm Hawaiian guided meditation, Sharing the Aloha, tea and snacks. \$10 donation. At Hale Ola, 1215 Madison Avenue, Burnaby. 604-431-7474 Call Kamu Kaimana

FRIDAYS

"Destiny Dialogues" Free Talks First Friday of each month, experiential evening that explores the inter-connections between destiny and suffering, relationships, vocations, joy, teachers, character, nature, family, dreams. 7-9pm. 604-317-1613.

Give Peace A Chant! Energize yourself with the yoga of KIRTAN, Sanskrit call and response yoga chanting, healing mantras and sound vibrations in a friendly community setting. No experience necessary. New schedule: 1st, 3rd, and 5th Friday nights only, 7:30 pm, \$10-20 by donation, 2111 W. 16th Ave @ Arbutus, www.givepeaceachant.org

Just Dance! Three Fridays a month. Alcohol & smoke-free. 9pm, 2114 W. 4th Ave. @ Arbutus. \$10/5. www.justdance.ca

ONGOING

"The Fear of Dreaming" – Financial support needed for unique, creative, thought-provoking, BC community-based, independent film project. Visit us at www.thefearofdreaming.com

Heal From Depression/Anxiety: H.R. Mental Wellness Centre (www.mentalwellnessbc.ca) offers Holistic approach to healing. Support groups and coaching. For free consultation: call Dr. Rayes at 604-630-6865.

Open a New Window! and Find a New way! Higher Spiritual Teachings from the Masters of Wisdom. Free intro. Info: 604-298-2231.

Suffering? Get Healing Through Ancient Tibetan Singing Bowl Sound Therapy: Call Megha at Experience Nirvana: 778-279-1004; cell: 778-987-1003; megha.shakya@gmail.com

5 Gifts for an Abundant Life Course with certified facilitators Judi and Ernie Letawsky. 8-week course starting mid-March. For info: 604-837-8451 or jletawsky@shaw.ca

Unitarian kids believe in their ability and responsibility to make a difference in the world. Programs for kids 3 years and up, 370 Mathers St., West Vancouver, 604-926-1621, www.nsuc.ca

Free Meditation Workshop: Experience Kundalini awakening through Sahaja Yoga, as taught by Shri Mataji Nirmala Devi & enjoy your Powers at our Weekly classes, always free and open to all. 604-597-8440, www.sahajayoga.org

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MEDITATION

SILENT MEDITATION TO THE SOUND OF OM. Every 2nd/4th Friday of the month. 7:30-8:30PM. Vancouver Sai Baba Centre, 1659 East 10th Avenue. (1/2 block west of Commercial Drive.) Everyone welcome. Free. No donations.

RETREATS

REVITALIZE – HEAL: Supervised water/juice fasting - serene location. The Fast Way to Heal for Life. Rewarding – Transforming. Call 604-926-3009.

SPA FOR THE SOUL! Queenswood Retreat Centre, Victoria. Individual or group retreats. Counseling, spirituality library, trails, bodywork, pool. www.queenswoodcentre.com, 250-477-3822.

ROOMS FOR RENT

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Shantala an evening of Kirtan

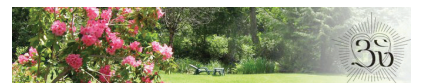
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...Cassels from p. 13

particularly sinister and wrote: "One is hard pressed to view the appointment as anything other than a deliberate provocation."

And for evidence that doctors are queasy at the influence of 'Big Pharma,' an editorial in the *Canadian Medical Association Journal* last year argued that industry-funded CME (continuing medical education) is "unacceptable" and that a major overhaul is needed to erase industry influence. *CMAJ's* editor, Dr. Paul Hebert, wrote, "We seem to have conveniently forgotten that the pharmaceutical industry is in business to make money, not to educate health professionals."

The question I'm left with is this: Who in Canada can stop a criminal recidivist organization from taking over Canada's healthcare system piece by piece?

While you ponder that and consider your own particular relationship to Pfizer, consider the following information

about Champix, Pfizer's award-winning innovative drug that could help you stop smoking. A bitter reminder that, like most drugs, pharma's influence has side effects. The champion Champix has been linked to a wide range of injuries, including serious accidents and falls, potentially lethal cardiac rhythm disturbances, severe skin reactions, acute myocardial infarction, seizures, diabetes, psychosis, aggression and suicide.


All this to cure the 'disease' of smoking. Innovative indeed.



Alan Cassels is a drug policy researcher at the University of Victoria and he is thankful that his institution has yet

to become addicted to pharma largesse. When this happens, he knows that he'll be out of a job.

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On Track Zodiac



JANUARY 2010 Adrien Dillon



ARIES (Mar 21 – Apr 19)

You could feel most ready to pounce on new projects. You may have to wait for others to catch up to your enthusiastic nature, as you are more than ready to ignite the fires within your mind's eye. A revolution begins.



TAURUS (Apr 20 – May 21)

You have begun to be more creative in all things to do with money matters and you're taking broader steps toward your dreams. You have made sense of your finances and you may wish to go in a direction that will prove more beneficial to you and yours.



GEMINI (May 22 – Jun 20)

As the heart yearns to find its counterpart, the dusting of the bottle to release the genie is tantamount. A lover or even a worthy opponent may be your desire, as you wish for anything to court and spark you.



CANCER (Jun 21 – Jul 22)

Being highly original and creative is a cardinal rule within your psyche. Looking for ways in which to shine, you may set out for new territory to strut your stuff and challenge the status quo.



LEO (Jul 23 – Aug 22)

When we say "never," it's never true. You will find that the wisdom of the paradox is to go with the flow. Try not to set any limits on your thinking and outcomes. To dig your heels in now won't help matters and many opportunities are coming your way via unique passageways.



VIRGO (Aug 23 – Sep 22)

Often one to express dissatisfaction, you perhaps need to increase your affirmations. Being one who disdains self-glorification, it would behoove you to recognize your worthiness. Setbacks and challenges are instrumental in making progress, but self-doubt isn't always healthy.



LIBRA (Sep 23 – Oct 22)

"For the times they are a-changin.'" You desire to keep life interesting and varied, but your personal history will repeat itself just when you want it to shift. Like a car, you can't seem to get out of a certain gear and leave your routines in the dust. The more things change, the more they stay the same.



SCORPIO (Oct 23 – Nov 21)

Stay consciously aware of all the choices you make now, as soon enough they will appear to haunt you if you aren't clear of the possible outcomes. To have to think on your feet or improvise down the road might cause some consequences. Bless all your beginnings.



SAGITTARIUS (Nov 22 – Dec 21)

Dynamic movements started a few months ago in your personal life and you might be well on your way to making those changes stick. Creating a nest and putting down roots over the next while will fulfil you enough to allow breathing time sanctity.



CAPRICORN (Dec 22 – Jan 19)

You can feel the electricity in the air and the light emanating from your fingers. Exciting things are building and you either want to explore the open highway or run like a gazelle. Earthy delights might help keep you grounded although you are positively electric, lately. New beginnings and joyful promise will be yours.



AQUARIUS (Jan 20 – Feb 19)

You want to be the centre of attention and if you aren't getting your way with others, at least this reality is "the first day of the rest of your life" and, in this case, of your new year. If working and playing alone serves you well, then go that route, as it is more fruitful.



PISCES (Feb 20 – Mar 20)

To say that all Pisceans suffer from foot problems is a falsehood, however most will have symbolic undertones. Trying to have proper footing or being swayed in two directions, you continue on the journey through the watery path (emotions). You marvel at how every small thing fills you with gratitude.

Adrien Dillon is a clairvoyant consultant and author with 34 years experience in astrology, multi-media art and healing, adrien.dillon@gmail.com.

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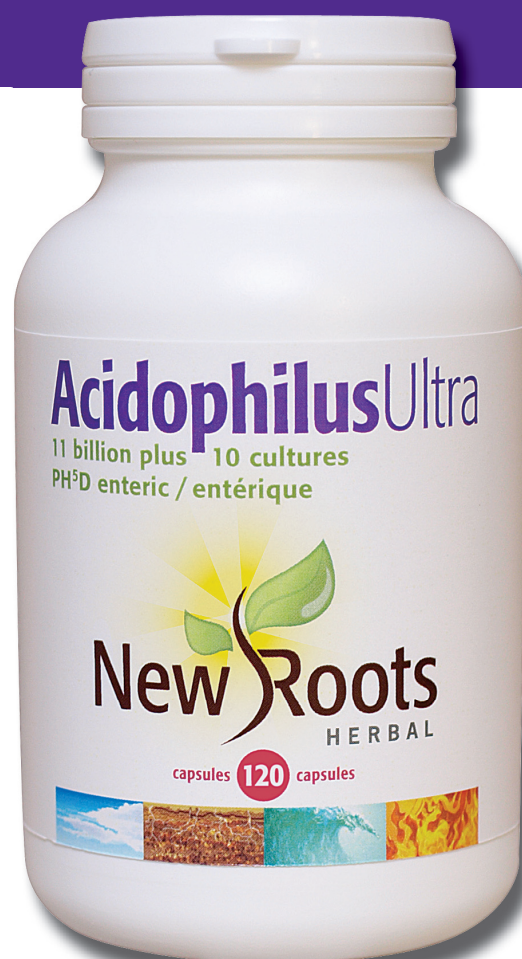
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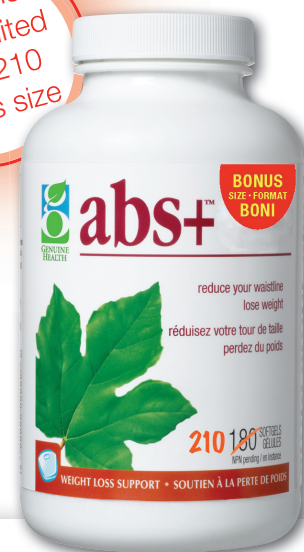
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*Rao, et al. A Double-Blind, Randomized-Controlled Trial of A Nutritional Supplement (abs+) containing CLA and EGCG in Human Weight Loss. *J Herb Spice Med Plant* 2006;12(3):67-76.

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